



Iowa CACFP

8-11 Months - Individual Infant Monthly Menu

Directions: This monthly menu form is for one infant (age 8-11 months). Date and complete the menus as served.

Revised 12/2004

Abbreviations

HM = Human Milk
Ch = Cheese
C Ch = Cottage Cheese
Veg = Vegetable
IFF = Iron Fortified Infant Formula
IFC = Iron Fortified Infant Cereal
Opt= Optional
Tbsp = Tablespoon
Ft = Fruit
S = Snack

Month & Year		Birth date	
Infant's Name		Formula Name	
Who provides formula?	Parent or Center (circle one)	Optional foods tried and now required	

	Infant Meal Pattern*	Monday Date:	Tuesday Date:	Wednesday Date:	Thursday Date:	Friday Date:
Bft	6-8 oz HM or IFF					
	2-4 Tbsp IFC					
	1-4 Tbsp Ft and/or Veg					
Lunch	6-8 oz HM or IFF					
	1-4 Tbsp Ft and/or Veg					
	2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch or 1 – 4 oz Ch Food or Ch Spread					
S	2-4 oz HM or IFF or Ft Juice					
	0-½ slice Bread or 0-2 Crackers (Opt)					
	Infant Meal Pattern*	Date:	Date:	Date:	Date:	Date:
Bft	6-8 oz HM or IFF					
	2-4 Tbsp IFC					
	1-4 Tbsp Ft and/or Veg					
Lunch	6-8 oz HM or IFF					
	1-4 Tbsp Ft and/or Veg					
	2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch or 1 – 4 oz Ch Food or Ch Spread					
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	2-4 Tbsp IFC and/or 1-4 Tbsp Meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½-2 oz Cheese; 2-8 Tbsp C Ch or 1 – 4 oz Ch Food or Ch Spread					
S	2-4 oz HM or IFF or Ft Juice					
	0-½ slice Bread or 0-2 Crackers (Opt)					

*Minimum quantities are listed, some infants will need more food to be healthy.

Note: Prepare the amount of breast milk the baby usually drinks at one feeding. Some babies may drink less than 4 oz. at a feeding. Offer more if the baby still seems hungry.